

Quit-smoking benefits are readily available to you! *And, it's easy for you to access them.*

CalPERS offers a range of health plans, each of which offers varying levels of smoking cessation support and treatments. Consult the summaries below to find out what quit related benefits you have access to through your existing coverage.

Kaiser Permanente

Kaiser Permanente offers several proven programs to help smokers quit at no extra charge for CalPERS members.

Blue Shield of California

Blue Shield offers members Healthy Lifestyle Rewards, an online, interactive and confidential program where you can earn cash rewards. Smoking cessation drugs are covered after completion of smoking cessation classes or programs.

California Correctional Peace Officers (CCPOA) - Blue Shield

Blue Shield offers members Healthy Lifestyle Rewards, an online, interactive and confidential program where you can earn cash rewards. Smoking cessation drugs are covered after completion of smoking cessation classes or programs.

PERS Select, PERS Choice, & PERSCare - Anthem Blue Cross

Blue Cross offers members access to its free smoking cessation program, The Last Cigarette. For more information call The Last Cigarette at (866) 634-3435.

California Association of Highway Patrol (CAHP) - Anthem Blue Cross

Smoking cessation program and prescription reimbursement may be requested after completion of an approved program.

Peace Officers Research Association (PORAC) - Anthem Blue Cross

Smoking cessation program reimbursement may be requested after completion of an approved smoking cessation program.